



THE PARISH

Loss in the Time of Covid-19

Use the chart below to notice and name your losses in this season.

Use the completed inventory & questions below to guide a conversation with God.

What treasures might there be in the difficulties and darkness of your life today?

What unhealthy attachments might God be working to remove?

What invitation do you sense God has for you in this season?

Physical Losses	Relational Losses	Financial Losses	Emotional Losses	Life Experience Losses

We all face many “deaths” in our lives.

Our culture routinely interprets these losses as alien invasions and interruptions to our “normal” lives. The choice is whether these deaths will be terminal (crushing our spirit and life) or transformational (recognizing God redemptively coming to us through them with invitations to new wholeness & possibilities).

The below is a list of common defenses we use to protect ourselves from grief and loss. Do you find any of these defense mechanisms becoming your “go to” in this season? What would Jesus invite you to in response?

Denial	Hostility
Blaming Others or God	Blaming Yourself
Over-Spiritualizing <i>(using Scripture, theology or God to gloss over or stay in the mode of “teacher” instead of student)</i>	Over-Serving <i>(focusing on the well-being of others to stay in the mode of “care-giver” instead of receiving care)</i>
Intellectualizing <i>(giving analysis and theories to avoid personal awareness or difficult feelings)</i>	Rationalizing <i>(excusing dysfunctional patterns of behavior in the light of life’s difficulties)</i>
Minimizing <i>(admitting something is wrong but in such a way that it appears less serious than it actually is)</i>	Medicating <i>(numbing through unhealthy addictions or attachments)</i>

Life & Resurrected Purpose

What is coming is being born or brought into fresh life in this season?	Do you sense God inviting you into some new work, purpose, or service as an overflow of this?